



## GENTLY SPICED BUTTERNUT SOUP



MINUTES TO PREPARE  
15



MINUTES TO COOK  
20



SERVES  
4

### INGREDIENTS

**1 white onion**, peeled and diced  
**3 cm slice celeriac**, peeled and diced  
**1 stalk celery**, washed and diced  
**1 small leek or 1/2 large leek**, washed and diced  
**1 tablespoon rapeseed oil**  
**Top half of a butternut squash (long half)**, peeled and diced  
**2 cloves garlic**, peeled and diced  
**1 cm fresh ginger**, peeled and diced  
**1/2 teaspoon turmeric**  
**650ml cold water**  
**1/2 teaspoon bouillon**  
**a pinch of Maldon Sea Salt**  
**Good grind of black pepper**  
**2 tablespoons pumpkin seeds**

### LET'S GET COOKING

- 1 Heat the oil gently in a pan and add the onion, celeriac, leek and celery. Give it a good stir and cook for 5 minutes stirring occasionally to make sure the leeks don't catch. Add the butternut, stir and continue to cook for a further 4 minutes until the vegetables are soft and translucent.
- 2 Stir in the garlic, ginger and turmeric and cook for a further 2 minutes. Add the water, stock cube or bouillon along with a good grind of pepper. Bring to a boil and then turn down the heat to a simmer for 20 minutes or until the butternut is soft.
- 3 Meanwhile, toast the pumpkin seeds in a dry pan over a hot heat for 3 minutes or until a number of them start popping.
- 4 Blitz the soup. Season to taste and add some water if it needs loosening. Sprinkle over the seeds and enjoy!

NB. This soup freezes well without the seeds.

*"A healthful early Spring soup for when I am yearning for a glimpse of summer but my body still needs hearty fuel. I love the variety of vegetables in here... on their own onion, celery and celeriac don't hold up to much but add in the silkiness of cooked butternut and the spice in the ginger and it's a whole different ball game."*